



## **After Your Facelift**

1. After getting home, continue resting for the next 24 hours with your head elevated. Be aware that you may feel tired and unsteady on your feet. This is normal after surgery. Have someone assist you in getting up, going to the restroom, etc. for the first day or two.
2. Keeping your head elevated when you sleep will help minimize swelling and bruising. For the next 3-5 nights, sleep on your back with 3 to 4 pillows behind your head and back. Bruising and swelling generally subsides within 4-6 weeks of surgery.
3. To help minimize swelling and discomfort, you may also apply cold compresses to the sides of your face during the first 24 hours after surgery.
4. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription if you prefer.
5. If you were discharged with an oral antibiotic, it should be taken through its full cycle as directed.
6. Before you go home, we will review which medications you may safely resume. If you have questions regarding which medications you may take, please call.
7. Call Dr. Gage's office **immediately** at 314-251-4530 if you experience any of the following symptoms: Temperature above 101.5°F, shakes and chills, severe unrelieved pain, or bright red blood from the incision sites, localized swelling with redness and warmth to the touch, or sudden onset of significant swelling to the face or neck.

8. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.

9. You must keep all incision sites clean and dry for the first 24 hours after surgery. After 24 hours you are allowed shower, wash your face gently, and shampoo your hair with mild based soap/shampoo. To dry, gently pat with a soft clean towel.

10. You will have sutures in and around your scalp. Be very careful when combing your hair so that you do not pull on them. You may use a blow dryer on a **LOW AND COOL SETTING ONLY** after your first post-operative visit with Dr. Gage. You should not perm or color your hair for the first 4-6 weeks after.

11. Do not engage in any strenuous activities for the first 4-6 weeks after surgery. Avoid bending over or lifting heavy objects. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and or your normal activities after your first post-operative visit with Dr. Gage.

12. You can expect edema (swelling) as well as ecchymosis (bruising) around your face after surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as your own tendency to bruise.

13. Because NICOTINE is a vasoconstrictor, **YOU WILL BE REQUIRED TO ABSTAIN FROM SMOKING OR ANY FORM OF NICOTINE** for 2 weeks before and after surgery. This helps to prevent circulatory complications and poor healing. **Be aware that smoking or the use of unapproved medications can lead to complications and jeopardize the results of your surgery.**

14. Dr. Gage highly recommends that you use sunblock with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

It has been our pleasure to provide your surgical care. If you have any additional questions, please do not hesitate to call.